

CENTRAL BUCKS GYMNASTICS & DANCE

GYMSTARS LEVEL III ROUTINES

VAULT

Run, hurdle, punch springboard to **handstand flatback** on resi mat

BARS

Glide swing back to stand

Pullover with feet together

1 cast to **double back hip circle**

Front hip circle

Cast **squat-on** jump down dismount

BEAM

Level 3 mount

Releve bad foot in front, **pivot turn, pivot turn**

Step **leap**, land in arabesque

Bring feet together, **split jump-straight jump** combination

Lunge, **handstand with feet together**, lunge

Bring bad foot to **passe** (arms in turn prep), **heel snap half turn**, finish

Lunge, **side handstand twist off dismount**

FLOOR

Lunge, **front limber** to stand (arms by ears)

Lunge, **handstand forward roll** (straight arms)

Straight-arm backward roll to push-up position, jump to squat and stand up

Chasse step leap, step fish pose (good knee bend with knees together, wrists crossed in front)

Point good foot forward, **back walkover**, land in lunge

Point good foot forward, **half turn**, finish

Step side and close, **round-off back handspring rebound**, finish

Drop to bad knee good foot flat, good leg side (arms side middle), sit on heels and pose